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thrive chiropractic
wellness centre

Tips For A Healthy Ski Season

A proper warm-up is crucial in preventing on hill injury. Start your day by either walking for 5 min (from the back of the parking lot) or skating a short distance on your skis.

Ski or ride on some easy terrain for one or two runs. This will wake-up your on-hill muscle memory. Don't hit the jumps or moguls until you're sufficiently warmed up.

Deep stretching is best done at the end of the day in the warmth of the lodge to help prevent tightening of the muscles. However, light stretching done before skiing or riding can help to loosen and awaken tight muscles and joints.

Make sure to warm-up the muscles, as discussed above, before starting the

stretching.

Please remember that stretching should never cause pain! If it does, make sure to back off. Also, one should never bounce or exceed their natural ability while completing any of these stretches.

Soreness after the first day of a new ski/snowboard season is to be expected, but there is a big difference between sore muscles from use, and an injury. If the soreness doesn't abate in one to two days, be sure to see your Vancouver chiropractor so that your season is a long and enjoyable one!

Contact your Vancouver chiropractor if you need more information!

Upcoming Office Closures

Regular office hours will continue through Saturday, December 21st.

The office will be closed Dec 24th - 26th and December 31st - Jan 1st, reopening to normal schedule on Wednesday January 2nd.

Dr. Ian Boonstra will be away from the office Dec 24th - Jan 1st, and will return Thursday January 3rd.

Chiropractic with Dr. Debbie Wright, massage therapy and acupuncture will be available by appointment December 27th - December 29th.

If you would like an appointment during this time, please call our office and leave a message. Someone will return your call and book your appointment.

Topics in this issue:

- Tips For A Healthy Ski Season
- Upcoming office closures

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